

YOUTH/TEEN (CONT.)

Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album.

Date: Saturday, September 25, 10 a.m.-noon

Location: Friendship Center, Conf. Room

Fee: \$32R/\$35NR/\$25M (#11975)

Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, August 21, 9 a.m.-12:45 p.m. (#11760)

Location: Friendship Center, Room 109

Fee: \$5R/\$8NR/Free to Members! Must pre-register!

Fitness, Food and Fun w/Montgomery Wheel of Life (Ages 10-17) (4 classes)

The Youth NutriFMT® Program is designed to help young adults improve their overall fitness and health. Children will receive functional movement training, nutritional knowledge for making better life-time food choices and a foundation towards a healthier lifestyle. Individualized nutritional guidelines and workouts for each specific client. (ages separated accordingly).

Dates: Mon.-Thurs., Aug. 16-19, 10 a.m.-12 p.m. (#11814) *Register starting 8/1/10.

Mon.-Thurs., Aug. 23-26, 10 a.m.-12 p.m. (#11815)

Location: Friendship Center, Conference Room

Fee: \$95R/\$98R/\$85M

Indoor Soccer League w/Coach Ricardo (Ages 4-14)

(Must be age 4 as of 9/1/10) Indoor soccer games played off the walls! Co-ed teams will be grouped according to age and ability. Individual players and teams may register. Shinguards required. Wear sneakers or indoor soccer shoes (no cleats).

Registration deadline: November 12, 2010

Dates: TBA (#12074)

Location: Sports City, 4141 Linglestown Rd.

Fee: TBA (Call 657-5635 ext. 113 to inquire for additional information)



Sleeping on the job!

BODY PUMP/ZUMBA

Body Pump™ (Ages 18+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weights inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-50-60 min.)

*Mon., 7:15-8:15 p.m., Sept. 27-Nov. 29 (#12011) (MJ)

*Thurs., 7:30-8:30 p.m., Sept. 30-Dec. 9 (#12010) (MJ)

**Fri., 9:30-10:30 a.m., Oct. 1-Dec. 3 (#12007) (J)

Fri., 5:40-6:30 a.m., Oct. 1-Dec. 3 (#12006) (MJ)

Sat., 9:15-10:15 a.m., Oct. 2-Dec. 4 (#12008) (MJ)

Dates: (2 days per week) (20 classes-50-60 min.)

Mon./Wed., 5:40-6:30 a.m., Sept. 27-Dec. 1 (#12051)

Mon./Wed., 9:30-10:30 a.m., Sept. 27-Dec. 1 (#12012)

Location: Friendship Center, Room 118 (*East Annex) (**Room 112)

Fee: (1 day) \$45R/\$48NR/\$35M;

(2 day) \$90R/\$96NR/\$70M

Instructor Code: (MJ) Mary Jo, (J) Julie

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Date:*Mon., Sept. 27-Nov. 29, 4:30-5:30 p.m. (#12045) (C)

Mon., Sept. 27-Nov. 29, 10:30-11:15 a.m. (#12032) (M)

Tues., Sept. 28-Nov. 30, 6-7 a.m. (#12041) (L)

Tues., Sept. 28-Nov. 30, 9:15-10:15 a.m. (#12050) (TBA)

*Tues., Sept. 28-Dec. 9, 6:30-7:30 p.m. (#12040) (M)

Wed., Sept. 29-Dec. 1, 10:30-11:30 a.m. (#2036) (A)

Wed., Sept. 29-Dec. 1, 4:30-5:30 p.m. (#12035) (C)

*Wed., Sept. 29-Dec. 1, 7-8 p.m. (#12049) (Me)

Thurs., Sept. 30-Dec. 9, 9-10 a.m. (#12033) (J)

*Thurs., Sept. 30-Dec. 9, 5:30-6:30 p.m. (#12034) (M)

*Thurs., Sept. 30-Dec. 9, 6:30-7:30 p.m. (#12031) (L)

Fri., Oct. 1-Dec. 3, 9-10 a.m. (#12037) (A)

Fri., Oct. 1-Dec. 3, 10-11 a.m. (#12040) (M)

Sat., Oct. 2-Dec. 4, 8:15-9:15 a.m. (#12048) (L)

Location: Friendship Center, Room 118/*East Annex

Fee: \$42R/\$45NR/\$34M

Instructor Code: (M) Monica, (A) Alicia, (C) Carol, (J) Joanie, (Me) Megan, (L) Lynn



SPIN

Spin Taster w/Russ (Ages 18+)

Never tried spin before? Give it a try. Great Intro!

Dates: Monday, September 20, 8:30-9:15 a.m. (#12059)

Monday, September 20, 7-7:45 p.m. (#12057)

Location: Friendship Center, Room 115

Fee: Free to Members Only!

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 min.)

Mon., 5:45-6:30 a.m., Sept. 27-Nov. 29 (D) (#12016)

Tues., 9:30-10:15 a.m., Sept. 28-Nov. 30 (MJ) (#12021)

Wed., 5:45-6:30 a.m., Sept. 29-Dec. 1 (D) (#12018)

Wed., 6:30-7:15 a.m., Sept. 29-Dec. 1 (MA) (#12023)

Thurs., 6:30-7:15 p.m., Sept. 30-Dec. 2 (MJ) (#12099)

Fri., 6:15-7 a.m., Oct. 1-Dec. 3 (Z) (#12019)

Sat., 8:15-9 a.m., Oct. 2-Dec. 4 (MJ) (#12017)

Fee: 1/week (45 mins.) \$42R/\$45NR/\$34M

Dates: (2 days per week-45 minutes) (20 classes)

Mon./Wed., 6:15-7 p.m., Sept. 27-Dec 1 (MJ) (#12020)

Tues./Thurs., 5:45-6:30 a.m., Sept. 28-Dec.7 (MJ) (#12015)

Tues./Thurs., 4:30-5:15 p.m., Sept. 28-Dec.7 (M) (#12024)

Location: Friendship Center, Room 115

Fee: 2/week (45 mins.) \$72R/\$79NR/\$64M

Instructor Code: (MJ) Mary Jo, (D) Deb, (R) Russ, (M) Michelle, (Z) Zach, (MA) Maura

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Sept. 27-Dec. 3

Location: Friendship Center, Room 115

Fee: \$93R/\$96NR/\$75M (#12025)

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 8:45-9:30 a.m., Sept. 27-Dec. 1

Location: Friendship Center, Room 115

Fee: \$64R/\$69NR/\$51M (#11885)

Challenge Ride w/Russ (Ages 16+)

High intensity for one hour. Knock your socks off with this challenge!

Date: Monday, December 13, 8:30-9:30 a.m. (#12053)

-OR- Thursday, December 16, 6-7 p.m. (#12054)

Location: Friendship Center, Room 115

Fee: \$5 per person

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11960)

Combo w/Kelly (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11892)

Abs, Back & Legs w/Keli (10 classes)

Focus on strengthening/toning the abs, back and legs.

Dates: Mon., 7-8 p.m., Sept. 27-

Nov. 29

Location: Friendship Center, Room 118

Fee: \$41R/\$44NR/\$32M (#11896)

Core Toning w/Karen (10 classes)

A highly effective approach to strengthening and toning abdominals and back using progressive movements and a variety of equipment.

Dates: Mon., 9-9:30 a.m., Sept. 27-Nov. 29

Location: Friendship Center, Room 112

Fee: \$50R/\$53NR/\$38M (#11952)

Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

Session I: Tues./Thurs. 9-9:45 a.m., Sept. 28-Nov. 4 (#11999)

Session II: Tues./Thurs. 9-9:45a.m., Nov. 9-Dec. 21 (#12001)

Location: Friendship Center, Gym #1

Fee: \$73R/\$76NR/\$58M

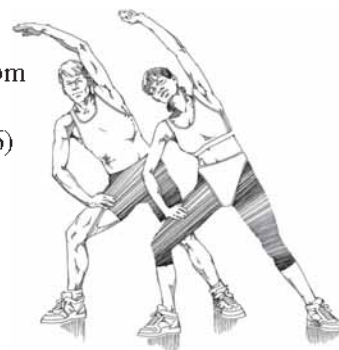
Weight Loss Boot Camp w/Karen (6 weeks)

A combination of nutrition and exercise in a small group setting. Incredible results achieved by past participants. Serious about losing weight? This is for you!

Dates: Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Sept. 27-Nov. 5 (#11958) -OR- Nov. 8-Dec. 17 (#11959)

Location: Friendship Center, Gym #3

Fee: \$225R/\$230NR/\$185M



AEROBIC/FITNESS/DANCE

Core Cut Intervals w/Lori L. & Mary (12 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

Session I: Mon./Wed., 6-6:45 p.m., Sept. 27-Nov. 3 (#12062)

Session II: Mon./Wed., 6-6:45 p.m., Nov. 8-Dec. 15 (#12063)

Location: Friendship Center, Room 112

Fee: \$75R/\$78NR/\$60M

Mat Pilates w/Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance.

Check with doctor if degenerative/orthopedic problems. Doctor's note required for pregnant participants.

Dates: Tues., Sept. 28-Nov. 30, 5:45-6:30 p.m., (#11927)
-OR- Thurs., Sept. 30-Dec. 9, 7:30-8:15 p.m. (#11928)*

Location: Friendship Center, Room 112

Fee: \$55R/\$60NR/\$44M

Fitness Boot Camp w/Karen (6 weeks)

A very effective multi-disciplined approach to fitness that will leave your body looking and feeling amazing.

Session I: Mon./Fri., 10:30-11:30 a.m., Sept. 27-Nov. 5 (#11973)

Session II: Mon./Fri., 10:30-11:30 a.m., Nov. 1-Dec. 10 (#11974)

Location: Friendship Center, Gym #1

Fee: \$87R/\$90NR/\$70M

Outdoor Fitness Boot Camp w/Karen & Lori (8 classes)

All levels. For those who want to see changes in strength, body fat and weight loss in a challenging environment.

Session I: Mon./Wed., 6:45-7:30 p.m., Sept. 27-Oct. 20 (#12071)

Session II: Mon./Wed., 6:45-7:30 p.m., Oct. 25-Nov. 17 (#12073)

Location: Friendship Center, Room 118

Fee: \$54R/\$57NR/\$46M

Intro. to Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

Dates: Mon., 7:30-9 p.m., Sept. 27-Oct. 18

Location: Friendship Center, Room 106/109

Fee: \$75R/\$78NR/\$60M per cpl. (#11944)

Sun Salutations w/Meena (8 classes)

Intense class that revolves around Surya Namaskar A & B — the classic yoga sun salutations. Variations of the salutations to challenge both upper and lower body to gain flexibility and strength as the poses flow from one to the other. Simple yet powerful giving you a unique experience of yoga.

Dates: Thurs., 5:30-6:30 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Room 109

Fee: \$52R/\$55NR/\$40M (#11922)

Core Cut Interval w/Karen (6 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

Session I: Wed., 9:30-10:30 a.m., Oct. 6-Nov. 10 (#11953)

Session II: Wed., 9:30-10:30 a.m., Nov. 17-Dec. 22 (#11954)

Location: Friendship Center, Gym #1

Fee: \$50R/\$53NR/\$38M

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture. Check with doctor if degenerative/orthopedic problems. Doctor's note required for pregnant participants.

Dates: Tues., 4:45-5:30 p.m., Sept. 28-Nov. 30

Location: Friendship Center, Room 118

Fee: \$55R/\$60NR/\$44M (#11887)

Strength Training + Abs w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

Dates: Tues., 4-4:40 p.m., Sept. 28-Nov. 30 (#11903)

Location: Friendship Center, Room 118

Fee: \$41R/\$44NR/\$32M

Aerobic Focus w/Carol (20 classes)

Fun approach to cardio fitness/toning. Class includes aerobics/kickboxing for all levels, toning/weight training.

Dates: Tues./Thurs., 5:30-6:30 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11961)

Hatha Yoga w/Stacy CYT (8 classes)

De-stress and experience a yoga practice intended to create awareness of body and mind while you increase strength and flexibility. Modifications are taught for those who may need them. All levels are welcome. Please bring a yoga mat for your comfort.

Dates: Tues., 5:30-6:30 p.m., Sept. 28-Nov. 16 (#12002)

-OR- *Tues., 10:15-11:15 a.m., Sept. 28-Nov. 16 (#12005)

Location: Friendship Center, Room 109, *Room 118

Fee: \$75R/\$80NR/\$60M

AEROBICS/FITNESS/DANCE

Vinyasa Yoga I with Stacy CYT (8 classes)

Dynamic yoga practice. Increase strength, flexibility, stamina & ability to focus. Can be physically/mentally challenging. Moderately strong pace and students should be in good physical health. Multi-level class. Existing knowledge of yoga poses is recommended.

Bring yoga mat.

Dates: Tues., 6:30-7:30 p.m., Sept. 28-Nov. 16

Location: Friendship Center, Room 109/112

Fee: \$75R/\$80NR/\$60M (#11997)

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6:30-7:30 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Room 118

Fee: \$69R/\$74NR/\$53M (#11883)

Fitness Fusion w/Janeal (20 classes)

Variety of cardio, step, interval, muscle and ab training.

Dates: Tues./Thurs., 7:30-8:15 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Room 118

Fee: \$63R/\$66NR/\$50M (#11884)

Horizontal Conditioning w/Karen

A unique and challenging way of toning your body, using mainly body weight. It is a fusion of pilates, yoga and muscle. Intermediate level.

2 Day (20 classes): Wed./Fri., 8:30-9:15 a.m., Sept. 29-Dec. 3

Fee: \$90R/\$93NR/\$72M (#12014)

Location: Friendship Center, Room 112

1 Day (10 classes): Wed., Sept. 29-Dec. 1, 5:45-6:30 p.m. (#11956)*

OR- Sat., Oct. 2-Dec. 4, 8:45-9:30 a.m. (#11957)

Location: Friendship Center, Room 112, *Room 109

Fee: \$50R/\$53NR/\$40M

Saturday Morning Chisel w/Kim & Kelli (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 8-9 a.m., Oct. 2-Dec. 4

Location: Friendship Center, East Annex

Fee: \$41R/\$44NR/\$32M (#11978)

Outdoor Fitness Bootcamp w/Karen (10 classes)

Classes designed to encourage goal achievement and personal improvement in a supportive group setting. Meet in front of Friendship Center.

Dates: Sat., 9:45-10:30 a.m., Oct. 2-Dec. 4

Location: Friendship Center, Outside

Fee: \$50R/\$53NR/\$40M (#11963)

Pilates w/Meena (8 classes)

A 45 min. class for core strength building. Beginner to intermediate level pilates exercises on the mat. Core strength is essential in maintaining posture, balance, functional movement and a healthy body. Good for all levels and helps to increase flexibility, decrease tension and strengthen the body from the inside out.

Dates: Fri., 10-10:45 a.m., Oct. 1-Nov. 19

Location: Friendship Center, Room 112

Fee: \$52R/\$55NR/\$40M (#11920)

Intermediate Pilates (8 classes)

For those who have taken beginner classes.

Dates: Fri., 10:45 11:30 a.m., Oct. 1 Nov. 19

Location: Friendship Center, Room 112

Fee: \$52R/\$55NR/\$40M (#11921)

Ringtime Boxing w/Focus Mitts w/Karen (6 classes)

A fun, high intensity kickboxing class using bags, gloves and cardio drills.

Session I: Tues., 5:45-6:30 p.m., Sept. 28-Nov. 2 (#11968)

Session II: Tues., 5:45-6:30 p.m., Nov. 9-Dec. 14 (#11969)

Location: Friendship Center, Gym #1

Fee: \$46R/\$49NR/\$35M

Women's Strength Training w/Bentz (Ages 18+) (8 classes)

Tone, shape and define your body, boost energy and metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

Dates: Thurs., 7-8 p.m., Sept. 30-Nov. 18

Location: Max Fitness, 3401 N. 6th St. Harrisburg

Fee: \$65R/\$70NR (#11919)

Small Group Strength Training (10 sessions) w/Karen

Workouts held in weight room with focus on traditional strength exercises using various lifting techniques.

Dates: Thurs., 8-8:50 a.m., Sept. 30-Dec. 9

Location: Friendship Center, Fitness Center

Fee: \$52R/\$55NR/\$40M (#11965)

Cardio/Kickboxing w/Mary Jo (10 classes)

Combination of aerobics, plyometrics, step aerobics and high energy kickboxing. Fun filled, calorie burning hour.

Dates: Sat., 10:30-11:30 a.m., Oct. 2-Dec. 4 (#12003)

OR- Wed., 7:15-8:15 p.m., Sept. 29-Dec. 1 (#12004)

Location: Friendship Center, Room 118

Fee: \$42R/\$45NR/\$34M